

Issue

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# Newsletter

QUEENSLAND TARGET SPORTS INC.

## What's Next...

**MUNDUBBERA MUG** - Sunday 17th August.

**CLIFTON CLUB MONTHLY SHOOT** - Sunday 17th August.

Rosenthal Boundary Road, Leyburn. - Practice starts 8.30 a.m.

**YOUTH OLYMPIC GAMES - NANJING, CHINA** - 16th to 28th August

Keep an eye out for our Monika Woodhouse & Daniel Clopatofsky from NSW who are competing in the Air Rifle events and Elise Downing & Chris Summerell who are competing in the pistol events.

**AUS CUP 3 - BRISBANE** - 29th to 31st August.

**PRONE SILHOUETTE STATE CHAMPS - ISIS/CHILDERS** - 6th & 7th September.

**ISSF WORLD CHAMPIONSHIPS - GRANADA, SPAIN** - 6th to 21st September.

Keep an eye out for Thomas, Dane & the others in the Aussie Team.

**QLD RBA STATE CHAMPIONSHIPS - BELMONT** - 18th & 19th October.

Hosted by Commercial club - flyer out soon.

**JUNIOR COACHING CAMP & STATE CHAMPS - BELMONT** - 24th to 28th September.

Please let QTS Coaching Coordinator, Bill Henry, know if you have juniors interested in attending the camp. email [wfhenry@optusnet.com](mailto:wfhenry@optusnet.com)

*Whenever you find yourself doubting how far you can go,  
just remember how far you have come.*

*Remember everything you have faced.*

*All the battles you have won,  
all the fears you have overcome.*

*Unknown*



Queensland  
Government



## 2014 Shield Competition (Silhouette)

The final round of the Sugar Coast, Norgrove and John Jackson Junior Shields competition for this year was held at Gympie recently. It started out with a very cold morning then turned into a sunny day with perfect conditions for the shooters. The Maryborough/Gympie team fielded 19 of the 39 shooters and were well in front at the end of the day. Gympie junior Hayden Stey shot best for his team with 79 out of 80 helping the combined team achieve the highest score in the Norgrove results for round four. Brothers Owen, Galen and Riley Hammelswang made up the junior team for Bingera & Sth Kolan having an easy win in the junior section.

There was a three way tie for A grade with John Pepprell Sth Kolan, Jason Kettle Bundaberg and Shannon Peters Gympie all scoring possibles. In the shoot-off John Pepprell once again proved too good with Jason second and Shannon third.

B Grade - Tod Fleming Gympie 77 first, Glen Boisen Bundaberg 77 second, Julie Dunks Isis 76 third.

C Grade - Robert Milne Maryborough 74 first, Alan Bradford Maryborough 69 second, Craig Howard Maryborough 66 third.

D Grade - Les Stey Gympie 60 first, Ray Melody Maryborough 47 second, Larry Dunks Isis 44 third.

The Maryborough/Gympie Team won all three shields for 2014

### Tom Norgrove Shield

Maryborough/Gympie	14 points
Bingera/Sth Kolan	9 points
Bundaberg	9 points
Isis/Mundubbera	8 point

### Sugar Coast Shield

Maryborough/Gympie	12 points
Bundaberg	11 points
Bingera/Sth kolan	8 points

### John Jackson Junior Shield

Maryborough/Gympie	15 points
Bingera/Sth Kolan	12 points
Isis/Mundubbera	6 points
Bundaberg	3 points



Left to Right - Shannon Peters Gympie, John Pepprell Sth Kolan and Jason Kettle from Bundaberg prepare for a shoot-off after they each shot a possible during the last round of the shield competition at Gympie.

***"When you talk, you are only repeating what you already know;  
But when you listen, you may learn something new." Dalai Lama***

## How to Improve Self Confidence in Sports.....

*From seasoned professionals to recreational participants, all athletes share one common requirement in order to succeed -- self confidence. Without this key ingredient, the best physical training regimen in the world won't result in top athletic performance or attainment of personal potential. However, harnessing the power of self confidence to fuel sports successes can prove challenging at times for even the most talented of athletes. With practice and discipline, though, almost anyone can enjoy relatively consistent athletic self confidence -- even in the face of those inevitable performance slumps and plateaus.*

Instructions

### Things You'll Need:

- Notebook

Write down both sports performance and athletic training goals in a notebook or journal used solely to track your progress in sports. Include long-term (or lifetime), medium-term (next six months to a year) and short-term (next week to six months) goals. Set short-term and medium-term sports and training goals that are realistic and attainable, taking into account the amount of time you have to train and your current level of fitness.

Outline a realistic training plan in your notebook that will help you accomplish these goals. Set aside the majority of your training time for working on those aspects of your physical sports performance that hold you back the most from attaining your goals. In other words, write down your areas of weakness. Include daily mental training time in your training schedule outline.

Follow the physical training plan diligently, working toward your short-term training and performance goals every day you train.

Spend at least five minutes every day in a quiet, comfortable place with no distractions. Visualize yourself improving at your sport and achieving your goals. Make your visualizations as realistic and detailed as possible, including what you're wearing, other people, air temperature and desired outcome.

Create several short, positive affirmations that you can repeat to yourself (such as "I can do this" or "Strong, strong, strong"). Use these statements to buoy self confidence and to help push you through difficult workouts or athletic events. Affirmations can help you focus by distracting you from listening to your brain's messages of distress while you're involved in a difficult or painful part of sports training or performance.

### Tips & Warnings

- Understand that everyone has sub-par performances and plateaus. Refuse to allow setbacks to rob you of self confidence. Instead, use them to fuel your desire to improve. Embrace the process of becoming a better athlete through both failures and successes.
- Be satisfied every time you give all you have to give, regardless of the outcome or how you compare to others.
- Following a well-designed physical training program focused on improving your athletic weaknesses will help build your self confidence while also helping you make the most dramatic and fastest improvements possible in your sport.
- Maintain a positive outlook by using positive self-talk and by surrounding yourself with positive training partners and coaches.
- Don't create a list of completely unattainable goals; this will only lead to dissatisfaction and ultimately detract from your self confidence and your enjoyment of your sport.

Don't allow goals to turn into expectations. Expecting a specific outcome puts undue pressure on you. Commit to training well and visualizing daily, and when the time to perform comes, focus on staying in the present and participating at your highest athletic ability level possible from moment to moment.

## Clifton club News.....

Recently, Clifton Benchrest Shooters were lucky enough to receive a grant through the Jupiters Casino Gambling Grant Fund to upgrade and extend their clubhouse building.

This work has been carried out over the past month and is now completed.

The extra room now will make life easier when running Weapons Licencing Safety courses and especially when we have the students from Clifton High out for their sport. The popularity has grown through the school and each Wednesday we have 20 students at the range either shooting Benchrest rifles or using the archery range.

Clifton Benchrest shooters would like to thank Jupiters Casino Gambling Fund for their generous grant which has helped spread our wings and have much more room to move around.

Also, now that the upgrade is complete, Centre fire Shooting can be held at the range. Any enquiries in relation to centre fire shooting or the club, please contact the President, Gordon, on 0418 877 525 or Vice President, Stan on 0409 050 387

*Gordon*



## Commonwealth Games.....

*Although the recent Commonwealth Games are now almost 'old news', we would like to extend our congratulations to the whole Australian Shooting Team for their performances in Scotland.*

*Anyone who is close to any of these shooters knows how much time and effort they have put in attempting to win. With 6 gold & 2 bronze individual medals we did exceptionally well. Thanks to the Indians, it appears we may have more opportunity for medals at the 2018 Games with the reintroduction of the Pairs events and the inclusion of the Standard Pistol and Centre fire Pistol Matches.*

### **NEWSLETTER CONTACT:**

**ROBYN**

**PH: 0459 195 400**

**Email: [newsletter@targetsports.org](mailto:newsletter@targetsports.org)**